

# WHAT IS WELLNESS COACHING?

## WHAT IS A WELLNESS COACH?

Wellness coaches assist you in connecting the dots between who you are and who you want to be. They help you define what “wellness” means to you. They will work with you to identify areas of focus and support you in making behavioral changes that will enable you to succeed.

## OUR GOAL:

We will support you in reaching your optimal level of wellness through skills and strategies you can apply independently going forward!

## WHAT CAN WE HELP WITH?

All areas of Wellness!

- ~ Physical
- ~ Financial
- ~ Nutritional
- ~ Emotional
- ~ Spiritual
- ~ Professional

## WHAT IS THE COMMITMENT?

The Coaching Process lasts 5- 6 months and is done telephonically. Sessions typically run 20 to 30 minutes but we can be flexible! Ideally, for sessions 1-3 we meet weekly. The remaining sessions are bi-monthly, then monthly depending on your individual progress.

## HOW DO I GET STARTED?

Email: [DHR.LiveWellVermont@vermont.gov](mailto:DHR.LiveWellVermont@vermont.gov)  
Call: 802-828-7308

**LiveWell Vermont**  
STATE EMPLOYEES WELLNESS PROGRAM

